



# Clevedon Health Walks



Date	Day	Starting from
1 Oct	Tuesday	Pier Copse
4	Friday	Bandstand
8	Tues, <b>11am</b>	Crab Apple pub, <b>start 11am</b>
11	Friday	Sunnyside Surgery
15	Tuesday	Boots, the Triangle
18	Friday	Pier Copse
22	Tuesday	Salthouse Car Park
25	Friday	Boots, the Triangle
29	Tuesday	Pier Copse
1 Nov	Friday	Bandstand
5	Tuesday	Salthouse Car Park
8	Friday	Sunnyside Surgery
12	Tuesday	Bandstand
15	Friday	Pier Copse
19	Tuesday	Sunnyside Surgery
22	Friday	Salthouse Car Park
26	Tuesday	Boots, the Triangle
29	Friday	Pier Copse
3 Dec	Tuesday	Bandstand
6	Friday	Sunnyside Surgery
10	Tuesday	Salthouse Car Park
13	Friday	Boots, the Triangle
17	Tuesday	Pier Copse
20	Friday	Bandstand
27	Friday	Salthouse Car Park
31	Tuesday	Pier Copse

Tuesday and Friday walks start at 10.30am for one hour

A walk of 30 minutes can be arranged, ring Lynne (see below)

**Thursday morning walks**  
A more strenuous walk, please wear sensible footwear  
Start 10.30am for one hour

3 Oct – All Saints Church  
7 Nov – All Saints Church  
5 Dec – All Saints Church

**Sunday Walks**  
Start 10am for one hour

6 Oct – Salthouse car park  
20 Oct – The Bandstand  
3 Nov – Sunnyside Surgery  
10 Nov – Boots, the Triangle  
22 Dec – Sunnyside Surgery  
29 Dec – Boots, the Triangle

**Aimed at individuals who want to start and stay active**

**Assistance dogs only**

**If you need support to walk, please bring someone with you**

**Please wear suitable clothing and footwear. No need to book, just come along!**

**Contact Lynne Purcell 01275 852 663 or Physical Activity Team: 01275 882 730**

[GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

[www.facebook.com/clevedonwalkandtalk](https://www.facebook.com/clevedonwalkandtalk)

